

Freshwater School ~ August/September ~ 2025

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21 FIRST DAY OF SCHOOL Whole Grain Muffins	22 Potatoes and Eggs
25 Cereal/toppings: Fruit, nuts, seeds and yogurt	26 French Toast or Pancakes w/fruit sauce	27 Egg & Cheese Sandwich	28 Whole Grain Muffins	29 Potatoes and Eggs
September 1 LABOR DAY HOLIDAY	2 French Toast or Pancakes w/fruit sauce	3 Egg & Cheese Sandwich	4 Whole Grain Muffins	5 Potatoes and Eggs
8 Cereal/toppings: Fruit, nuts, seeds and yogurt	9 French Toast or Pancakes w/fruit sauce	10 Egg & Cheese Sandwich	11 Whole Grain Muffins	12 Potatoes and Eggs
15 Cereal/toppings: Fruit, nuts, seeds and yogurt	16 French Toast or Pancakes w/fruit sauce	17 Egg & Cheese Sandwich	18 Whole Grain Muffins	19 Staff Duty Day NO SCHOOL

Daily Options include yogurt, cheese, hard boiled eggs, peanut/sun butter, fresh fruit and milk. No cost meals provided

LUNCH

18	19	20	21 Egg Fried Rice and Tofu Bok Choy	22 Chicken Soup Rolls Green Salad
25 Cheese, Pepperoni, Pesto Pizza Caesar Salad	26 Ricotta Pasta Penne with Chicken Broccoli	27 Baked Potato Bar With Chili Rolls Green Beans	28 Fish Tacos Beans and Rice Coleslaw	29 Beef Stew w/ Cornbread Green Salad
September 1 LABOR DAY HOLIDAY (NO SCHOOL)	2 Spaghetti and Beef w/Garlic Bread Caesar Salad	3 Roasted Chicken With Polenta Cauliflower	4 Cheese Enchiladas Beans & Rice Summer Squash	5 Corn Chowder With/Ham Rolls Bean Salad
8 Cheese, Pepperoni, Pesto Pizza Caesar Salad	9 Macaroni and Cheese Peas	10 Philly Cheesesteaks Fries Tomato/Cucumber Salad	11 Ramen & Chicken Kale	12 Chili W/Cornbread Coleslaw
15 Cheese, Pepperoni, Pesto Pizza Caesar Salad	16 Parmesan Pesto Pasta & Chicken Broccoli	17 Turkey Tacos Coleslaw	18 Pad Thai With Tofu Cucumber/Tomato Salad	19 Staff Duty Day (NO SCHOOL)

Daily Options include fresh fruit, raw vegetables, and milk

All meals have a vegetarian option.

No Cost Meals Provided

All allergens will be accommodated.

This institution is an equal opportunity provider and employer